

THE Daily Telegraph

Ho, ho, hold back on drinks

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WE all love a drink in the silly season, but new research has shown drinking above recommendations can double your risk of serious injury.

A study of almost 2,500 found that when an employee consumes alcohol above current recommendations, the risk of being involved in an incident or accident at work more than doubles.

The health and workplace firm Alpha One conducted the poll with the purpose of comparing health status and job safety risk.

The findings determined that drinking above the recommended daily consumption of standard drinks for men and women doubled the risk of being involved in a work-related incident or accident.

The research showed that 50 per cent of the male population will be drinking above the recommended guidelines during the Christmas season

AlphaOne CEO Troy Grogan said the findings are timely, coming as the National Health and Medical Research Council (NHMRC) had released its guidelines recently proposing changes to reduce recommended consumption levels from 4-6 to 1-2 standard drinks a day for men and women.

In a separate AlphaOne analysis of data collected from over 12,000 participants from physical jobs to modern office workers, it was further highlighted that 28.2 per cent of people consumed alcohol at levels considered risky to their health.

As a population, moderate drinkers have less diabetes, hypertension, and lipid issues. However, it all changes when you get into excessive intake and the associated liver, cardiovascular, and cognitive complications.